

# Couscous with Peas and Onions

**Makes:** 4 servings

Couscous is cooked with sage, peas and onions for a savory side dish. Look for couscous or whole grain couscous in the aisle near the rice.

## Ingredients

**1 cup** onion (finely chopped)

**1/2 teaspoon** sage (ground)

**1 teaspoon** olive oil

**1 1/3 cups** water

**1 cup** green peas (frozen)

**1 cup** couscous

**1/2 teaspoon** salt (optional)



## Directions

1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>205</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>37 mg</b>
<b>Total Carbohydrate</b>	<b>40 g</b>
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	0 g
<b>Protein</b>	<b>7 g</b>
Vitamin D	0 IU
Calcium	31 mg
Iron	1 mg
Potassium	179 mg
N/A - data is not available	

### MyPlate Food Groups

	Vegetables	1/2 cup
	Grains	1 1/2 ounces

## Notes

Serve with lemon wedges or balsamic vinegar.

Learn more about:

- [Peas](#)
- [Onions](#)

**Source:** UMass Extension Nutrition Education Program, CHOICES Steps Toward Health